

THE KANSAS CITY SUN

PUBLISHED WEEKLY.
All communications should be addressed to The Kansas City Sun, 1803 East 18th Street.
Bell Phone East 999.

Entered as second-class matter, August 15, 1908, at the postoffice at Kansas City, Mo., under the act of March 3, 1879.

Nelson C. Crews.....Editor and Owner
Wilson B. Glenn.....General Manager

SUBSCRIPTION RATES:
One Year.....\$1.50
Six Months......75
Three Months......40

ADVERTISING RATE, 50 CENTS PER INCH.

CHURCH DIRECTORY.

Bethel A. M. E. Church, 34th and Florio.
St. Stephen's Baptist Church, 904 Charlotte St.
Central M. E. Church, 19th and Woodland.
Second Baptist Church, 10th and Charlotte.
Allen Chapel A. M. E. Church, 10th and Charlotte.
Kansas Ave. Baptist Church, 46th and Kansas.
Ebenezer A. M. E. Church, 17th and Tracy.
St. Augustine's P. E. Church, 11th and Troost.
Vine St. Baptist Church, 1325 Vine St.
Ward Chapel A. M. E. Church, 11th and Woodland.
St. John's A. M. E. Church, 1743 Hellevue.
Seventh Day Adventist, 23rd and Woodland.
St. Monica's Catholic, 17th and Lydia.
Morning Star Baptist Church, 2311 Vine.
Highland Avenue Baptist Church, 1111 Highland.
Centropolis A. M. E. Church, Centropolis, Mo.
St. James A. M. E. Z. Church, 1833 Woodland Ave.
Third Baptist Church, Roundtop.
People's Mission, 30th and Genesee.
St. Paul's Baptist Church, 19th and Highland.
Friendship Baptist Church, 17th and Tracy Avenue.
Pilgrim Baptist Church, 614 Charlotte St.
Pleasant Green Baptist Church, Independence Avenue and Tracy.
Calvary Baptist Church, 19th and Ashway.
Bible A. M. E. Mission, 5th and Lydia.
Progressive Baptist Church, 29th and Summit.
C. M. E. Church, 1817 Florio Ave.
St. James' Baptist Church, 403 1/2 Mill St.
St. Luke's A. M. E. Church, 43rd and Prospect Place.
A. M. E. Mission, 555 Grand Ave.
KANSAS CITY, KAN. CHURCHES.
First A. M. E. Church, 8th and Neb.
Pleasant Green Baptist Church, 1st and Spillio.
Eighth St. Baptist Church, 8th and Oakland.
Metropolitan Baptist Church, 9th and Washington.
Bethel A. M. E. Church, Water and Steward Streets.
St. Paul A. M. E. Church, 21st and Ruby.
First Baptist Church, 5th and Neb.
King Solomon Baptist Church, 3rd and State.
Quindaro A. M. E. Church, Quindaro.
Pleasant Valley Baptist Church, Rosedale, Kan.
M. E. Church, 9th and Oakland.
A. M. E. Church, 4th and Oakland.
Salter Mission, A. M. E. Church, South Park, Kan.
Protestant Episcopal, 3rd and Stewart.
Second Baptist Church, 24th and Ruby.
Wesley Chapel M. E. 108 Shawnee.
St. Paul A. M. E. Zion Church, 4000 Adams.
Bethel A. M. E. Church, Rosedale, Kan.
Mt. Zion Baptist Church, 4th and Virginia.
Ebenezer A. M. E. Church, Sanford and Tremont.
Mt. Zion Primitive Baptist Church, Westport Avenue and Tanager Street, Rosedale.

EDITORIALS.

It is claimed that Billy Sunday has been cribbing his sermons from Gipsy Smith and that "Attorney" Chastine has been cribbing his adjectives from Uncle Remus.

If Prof. Alexander's assurance that colored people are not mistreated at the Frisco Exposition is true, that spot is a very green oasis in a very expansive desert.

While hundreds of white people stood on the Board Walk in Atlantic City watching a young white woman drown, a one-arm Negro, John Stoner, rushed to her rescue and saved her. Kansas City Star, please copy.

It is said that the recent commencement exercises of Lincoln High surpassed all previous efforts, the music being especially fine, in spite of the fact that no white orchestra was employed.

The Supreme Chancellor, S. W. Green of K. of P., has issued his proclamation for the tenth biennial convention of the Supreme Lodge in Columbus, Ohio, Tuesday, August 17.

The County Court had to adjourn this week in order to look up the meaning of the expression "amphibious duty" as used by a colored member of the "bar" who contended for the issuance of a saloon license.

The closing exercises of the Booker Washington school were a grand success. It was said to have been the best in the history of the school. Miss Pauline Vaughan had full charge of the exercises, in the absence of Principal W. E. Griffin, who had been confined to his home for some time with rheumatism. Miss Vaughan deserves much praise for having done such excellent work during the five weeks absence of the principal.

If the rapid-fire hiring and firing methods of the Lincoln Park management are kept up, quite a number of colored citizens will find employment there during the season. Attaches declare that no position is safe from the horde of hungry applicants who are willing to cut prices in order to get a job under the white lights and that the cheapest workers are always in demand.

The fine concert band which gave so much pleasure to the early visitors of the place has been dispensed with and cheap vaudeville substituted. The wage schedule has been reduced all round the plaza and a general unrest ensues. The management, no doubt, is very much discouraged on account of the prolonged rainy season which has cut down the attendance greatly, but bright days are sure to come and with them, we hope, will come more settled conditions in the advertised policy of giving to our people a high class place of entertainment.

Miss Eva Marshall Shontz of Chicago, one of the most brilliant and eloquent speakers of the country, is to deliver an address at the Second Baptist church next Tuesday evening on the subject, "Old Glory, the Hope of the World for Peace." Miss Shontz

comes under the auspices of World Peace Society of which Jane Addams is president, and while in Kansas City will be shown many honors. Those who heard her address at the unveiling of the John Brown monument at Western University will doubtless be eager to hear her again, and she should be given a good hearing by our people. She is one of the country's strongest advocates of equal suffrage. She is against the saloons, against race discriminations and against graft of all sorts. When she was a high school principal several years ago, Prof. Joe E. Herriford of this city was one of her pupils, and he declares that she is the highest embodiment of ideal American womanhood. Each person attending the lecture is asked to bring a small flag. Admission will be free.

MASONIC HOME NOTES.

Workmen will begin making extensive improvements in a few days on the main building....Sister M. E. Goins, who came to the Home last October from Moberly, died last Friday morning after several months' illness. The body was shipped to Moberly for burial, accompanied by the matron, Mrs. S. W. Dixon....It will be hard to find a more valuable site, a prettier one, than the Home, and you will be convinced of this statement when you see it. The matron is making the superintendent stand "way back" because there are no cherries and peaches growing on the premises this year....The following named lodges have donated pigs to the Home this year: Hawkins No. 44, Sedalia; Bowling Green No. 124, Bowling Green, and St. Luke No. 48, De Soto. You are not too late to send your pig....Quite a few visitors have enrolled at the Home since our last report. We believe from the number of visitors that the Home is growing in the minds of our people. Observe the list: A. R. Chinn, Glasgow; W. B. Lewis, De Soto; Miss Maggie Higginbotham, De Soto; N. C. Crews, Kansas City; Mrs. Rebecca Rowe, Richmond, Ind.; Mr. and Mrs. J. W. Ewing, Quincy, Ill.; Mrs. Mollie Rhodes, Independence; Mrs. Lillie Johnson, Kansas City; Mrs. Annie Easter, Waco, Tex.; Mrs. Ellen Hicks, Moberly; Miss J. Jewel Quilland, Pueblo, Col.; T. B. Watkins, Kansas City; W. G. Mosely, Kansas City. The following are from Hannibal: Mesdames Dollie Stevens, John F. Trent, R. L. Beul, H. B. Mechen, C. R. McDowell, Agnes Quarry, L. D. Queen, Lenora Harper, Geneva Quarles, Jennie Cotton and Miss C. Mae Hopkins; Messrs. H. B. Mechen, Fred McKinley, A. C. Maclin, W. G. Mosely, A. R. Bohon, Wm. Roberts, J. C. Thomas, Willis Buckner.

GREETINGS FROM THE LONE STAR STATE.

It may be of interest to some of the people of old sister "Show Me" to know that one of her daughters is roaming over the extensive plains of her biggest sister. She is our guest and we will "show her" that she shall not want. We make her lie down upon a variety of feather and mattress beds in the homes of our most prosperous citizens. We lead her to drink from the springs, cisterns and hydrants of mineral wells and crystal waters. The great union revivals conducted by representatives of the Southern Baptist Convention have given much restoration to her soul. In the packing factories, freight house and red light district we have made paths to lead her on errands of righteousness for His namesake. Yea, though she has walked with us through the streets of our city singing and taught in the alleys and in front of saloons where lingers the shadow of death, no evil has befallen her for God was with her and with our songs and prayers we have comforted her. We have prepared for her plenty of fried chickens, vegetables, fruit, berries and ices in the midst of our financial crisis. We have anointed her pocketbook with coins of nickels and dimes; her lap runneth over with presents as tokens of appreciation of her stay in our midst. Surely with such goodness and mercy as she is having bestowed upon her these days of her life, she will write for the "better half" of hers an odyssey in the Lone Star state forever.

I believe the above voices the sentiment of the good people of Texas toward Sister Ida M. Beck. It is a pleasure to write of the great work along moral and spiritual lines that has been conducted in this state this year. The Southern Baptist Convention has appointed 25 or more of its most powerful representatives to conduct union revivals in cities where ever they think most suitable and are received. Two of these representatives are Negroes, Rev. H. C. Bailey, Marshall, Tex., and Rev. Richard Carroll, Columbia, S. C. The convention convened in Houston this year. At this meeting it is said a request was made for five more colored persons to be added to the staff. During the meetings of this spring over 3,500 souls in Dallas, Austin and Fort Worth, respectively, were added to the churches.

The Sociological Congress held its fourth annual session in Houston May 7 to 12. It was largely attended and much good will ultimately be the result of the coming together of the better elements of the races, discussing, planning and providing for better housing, sanitary, educational, social reform and health conditions. Among the speakers on said occasion were Rev. L. E. Williams, D. D., Fort Worth, Tex.; Rev. V. Romans, D. D., Nashville, Tenn.; Prof. Booker, president of Arkansas Baptist college, Little Rock, Ark.; Rev. Richard Carroll, Columbia, S. C.; Mr. Wright, editor, Philadelphia, Pa.

The address delivered in defense of colored people by Mr. Weatherford of Nashville, Tenn. was the topic of the hour. The W. C. T. U. is molding sentiment for good in every part of the state, the workers are praying, working and longing for the time to come when prohibition will have the right of way.



Health Hints

By Dr. Lloyd E. Bailer

A weekly discussion of Hygiene and Sanitation, First Aid Measures and Preventive Medicine. Questions will be answered but no diagnoses nor prescriptions will be given in this column.

"NERVES."

We use the term "nerves" to denote what is sometimes called nervous exhaustion and what in medical phraseology is known as neurasthenia. This malady is characterized by a reduced state of nervous energy which brings about quick fatigue and that oft heard complaint of "tired feeling."

It is a state of lessened endurance that shows itself also in the mental sphere in the form of irritability of temper, and may be summed up in the self-explanatory term "irritable weakness." Neurasthenia is a disease of both sexes of all races and all classes. It is a disease of the poor as well as of the idle rich; for, indeed, it is as often the result of plodding monotony as of the feverish search for novelty and diversion. In either case the high and sustained nervous tension is apt to result in nerve fatigue, or, in other words, neurasthenia. Furthermore, it is a disease of many and varied forms. Not all neurasthenics are in sanitarium; nor indeed are they confined to their own homes. Neither do they always present sad pictures of declining physical vigor, with loss of flesh, a flabby skin, a careworn countenance and a faltering gait. Quite a few visitors have enrolled at the Home since our last report. We believe from the number of visitors that the Home is growing in the minds of our people. Observe the list: A. R. Chinn, Glasgow; W. B. Lewis, De Soto; Miss Maggie Higginbotham, De Soto; N. C. Crews, Kansas City; Mrs. Rebecca Rowe, Richmond, Ind.; Mr. and Mrs. J. W. Ewing, Quincy, Ill.; Mrs. Mollie Rhodes, Independence; Mrs. Lillie Johnson, Kansas City; Mrs. Annie Easter, Waco, Tex.; Mrs. Ellen Hicks, Moberly; Miss J. Jewel Quilland, Pueblo, Col.; T. B. Watkins, Kansas City; W. G. Mosely, Kansas City. The following are from Hannibal: Mesdames Dollie Stevens, John F. Trent, R. L. Beul, H. B. Mechen, C. R. McDowell, Agnes Quarry, L. D. Queen, Lenora Harper, Geneva Quarles, Jennie Cotton and Miss C. Mae Hopkins; Messrs. H. B. Mechen, Fred McKinley, A. C. Maclin, W. G. Mosely, A. R. Bohon, Wm. Roberts, J. C. Thomas, Willis Buckner.

Overwork is a relative term, dependent as much upon the forces and endowments of the individual as upon the nature and quantity of the work. Some people become tired to the point of exhaustion in the attempt to do work that others do with ease. This may be the result of physical unfitness, if the work be of the kind which requires great physical power and endurance. Again, it may be the result of mental unfitness if the work requires a trained mind, for an untrained or imperfectly trained mind easily exhausts itself in doing work

which a better trained brain could do without fatigue. Then, again, the exhaustion may come from temperamental unfitness, real or imagined, for the work done. Many persons tire themselves out doing work, not because they are physically or mentally unable to do it, but merely because they dislike it. In all these cases the result is the same and nerve fatigue is the consequence. If, through lack of physical stamina, mental force, or w... power these people are unable to maintain the store of nervous energy required for their work they finally become neurasthenics.

Worry is both a cause and a result of neurasthenia. The uncertainties and vicissitudes of life are such as to make more or less worry well inevitable. A certain amount of worry is even to be desired, but where is moderation more essential, for excessive worry must surely wreck the nervous system. There are those who worry because the weather does not suit them; others worry over their occupations; others worry over their poverty in material possessions, and indeed there are some who worry over the prospect of the after life. Worry from whatever cause is a large contributor to neurasthenia. Eredity is often a contributing cause to this disease. One may inherit a weakened nervous system from parents suffering from nervous diseases or whose nervous system has suffered as a consequence of some debilitating disease, as tuberculosis, syphilis, malaria, etc. Hence, these diseases may not only cause neurasthenia in the patient but even in his offspring.

Overindulgence in alcohol, tea, coffee, drugs, or even in a too vigorous social life with its attendant exposure and late hours, often results in neurasthenia. The treatment of neurasthenia is an individual affair with each sufferer. Some cases need absolute rest and change of scene; others need to be put to work of some other kind than that in which they have been engaged. Congenial association with persons of a cheerful disposition often works wonders with these patients. The use of drugs and animal extracts in the hands of the physician along with a prescribed diet and regulation of habits usually avails much in the way of cure.

Betty & Sam's Little Corner



THEY SAY

—That a river can not rise above its source, nor a woman above her ideals.

—That Rev. Lena Mason was right when she said it was bad policy to tell any person visiting your house to "make themselves at home." Amen.

—That the June brides are somewhat shy. Why?

—There are some great acrobatic stunts being done in this race for principal of the High school. A man should only be on one side of the fence at the same time.

—That a certain preacher signed a petition for the location of a saloon in his locality. Lord help us.

—That the Masonic demonstration on Sunday, June 27 will be the most brilliant thing ever witnessed in old K. C.

—That "rags are royal raiment when worn for virtue's sake," but how many of our girls of today will wear rags.

—That the doctors say we should not eat too much. Well, if you're like the poor editor, with food and money both hard to get, why, you won't need that advice.

—That—
If you weep you're called a baby,
Laugh and you're called a fool;
Yield, and you're called a coward,
Stand, and you're called a mule;
Smile, and they'll call you silly,
Frown, and they'll call you gruff;
Put on a front like a millionaire,
And somebody'll call you bluff.

To the Kansas City Sun:

It has been rumored frequently that I could not stay at my own home. Well you all have told the truth as far as I can see, but if "they" will make it known publicly what they have said or done I will arrange for an early funeral with one or two graves added to some cemetery. Anybody can lie and do undermining tricks, but will they own it? I should have smashed some duck over the dirty trick that he did me anyway. So if they or anybody tells me that they arranged it so that I could not live in my place there will perhaps be some others who won't be able to live any place, and possibly me either, as I do not expect to live through it, but I'll take someone with me. So do your worst.

JAS. R. RHODES.

ROSEDALE, KANSAS.

Hazel Williams and Thelma Henderson have returned home after a pleasant stay with their sisters, Mrs. Louis Williams and Mrs. Richard Bell of Kansas City, Mo....Mr. Wm. Pfann is quite ill at his residence, 3841 Lloyd avenue....We hope the members of the Pleasant Valley Baptist church will do their duty even if there is no pastor. There will be a minister at the church every Sunday to preach....Children's day exercises were observed Sunday night at Wesley chapel M. E. church. A splendid audience was present to hear the rendition of the program. Rev. J. E. Williams, the pastor, gave a short talk on education, which was very timely....Tuesday night, June 15, the members and friends of Wesley chapel M. E. church gave a surprise party on their pastor an family and left many good things to eat. Come again....The Ladies' Aid Society of Wesley chapel has been organized and is divided into two divisions....Miss Elsie Jackson of Manhattan, Kas., is in the city visiting Rev. and Mrs. L. Callen....Mrs. Arnelochas Marian left for Topeka June 8 to be married, returning Sunday afternoon. We wish her success.

FOREST GREEN, MISSOURI.

Rev. W. H. Davis preached an excellent sermon Sunday....Robt. Herriford is slowly improving. His brother, Ref. Herriford, arrived Monday morning from South Dakota....Rev. Davis left Monday morning for Keyesville, Mo., attending the Mt. Zion Baptist Ministers' and Deacons' Union and Sunday School convention. On his return he will begin at once to remove and beautify our church. He is indeed a gospel preacher and a church builder and we are proud of him.

Late Hours.
"Spindles has ruined his health and lost his position."
"I thought he was a wide awake young man."
"That's just the trouble. He was wide awake too many times when he should have been sleeping."

A facetious automobile owner calls his car the "Jug-or-not," as it is a question, when he starts out to smash the speed laws, whether he will land in the "Jug" or not.

Negro Business and Professional Directory of Greater Kansas City

(Your name, business, address and telephone carried in this directory at 25 cents per month, \$3.00 a year; less than one cent a day. Can you beat it? To secure space call Sun Office, Bell phone 999 East, or see our agent.)

BARBECUE.

R. W. ALEXANDER, 1619 East 18th street. Bell phone 3062W. Free delivery.

CAFES.

DELMONICA CAFE, 1512 East 18th St. Bell phone, East 618.
TOPEKA CAFE, Mrs. S. E. Owens, Prop., 1907 East 18th St.
THE OWL LUNCH ROOM, Mrs. A. R. Harris, Prop., 2208 Vine St. Bell phone, East 4390.

CARPET CLEANERS.

EUREKA CARPET CLEANING CO., 1718-20 Euclid Ave. Bell phone, East 3555; Home, East 4169.

CLEANERS, DYERS AND TAILORS.

O. K. CLEANERS AND DYERS, guarantee not to shrink any garment they dye. 1113 East 18th street. Bell phone, Grand 2437.
WORTHAM BROS., 1731 Paseo. Bell phone East 701.
GOLDEN'S STEAM DYE WORKS, 1605 East 18th St. Bell phone East 539.
R. L. HOPKINS, 2326 Vine St. Bell phone, East 1207J.
TAYLOR'S GILT EDGE TAILORS, 1612 East 18th St.

COOK SHOP.

BESSIE EVANS, 2428 Vine St. Bell phone, East 3637.

DRUG STORES.

IDEAL PHARMACY, Prof. R. W. Foster, Prop., 18th and Woodland. Bell phone East 272, Home phone East 4070.

FLORISTS.

WEAVER FLORAL CO., Flowers for all occasions. Funeral designs. Homes, churches and halls decorated. 1510 E. 18th street. Bell phone 4798 East, Home phone 7555M.
CROSTHWAIT FLORAL CO., 1801 East 18th St. Bell phone, East 272. Home phone, East 4070.

GROCERS.

J. L. MATSON, 1418 East 19th St. Bell phone Grand 2309W.
COTTAGE GROCERY, 121 Westport Ave., Rosedale, Kas. Rev. S. A. Anderson, proprietor.
W. M. SPRANGLES, 2224 Vine St. Bell phone, East 2056W.

LAUNDRIES.

THE ELECTRIC LAUNDRY CO., J. C. Hale, Mgr., 2928 Summit St. Home phone 3160.
THE IMMACULATE LAUNDRY, 1912 East 18th St. Bell phone East 4723.

LAWYERS.

C. H. CALLOWAY, 601 Delaware, Home phone M58, Bell phone Main 448. Practices in all courts.
W. C. HUESTON, 601 Delaware, Home phone M58, Bell phone Main 448. Legal advice. Practices in all courts.
GEO. T. WASSOM, Attorney at Law, 307 Walnut street. Bell phone East 2727, Home phone East 4070.

PHOTOGRAPHERS.

C. BRUCE SANTEE, Proprietor The Fad, 1607 East 18th St. Bell phone East 1643.

PHYSICIANS.

DR. E. J. LAMBERT, Therapeutics, P. O. box 90A, Bell phone, Rosedale 523, Rosedale, Kas.

REAL ESTATE AND EMPLOYMENT.

AFRO-AMERICAN REAL ESTATE & INVESTMENT CO., Help furnished. 911 McGee street. Home Phone 7555 Main.

COLORED PEOPLE'S INVESTMENT CO., 2427 Vine St. Bell Phone East 1011, Home East 4011. Sol Smith, Pres.; C. H. Adkins, Tres.
MRS. A. E. JENKINS, 1324 Vine street, Bell Phone East 4067J.

SECOND-HAND GOODS.

W. G. HOPKINS, 2122 Vine St. Bell phone East 3851.

MILLINERY.

MME. STELLA HUBBARD, latest things in hats. Old hats made new. 1510 East 18th street. Bell phone E. 4798.

UNDERTAKERS.

C. H. COUNTEE, Licensed Embalmer, 2220 Vine St., Bell Phone, East 3336, Home East 3341.
WATKINS BROS., 1729 Lydia Ave. Bell Phone Grand 987, Home Main 7989. Res., Bell East 3281.

TO THE PUBLIC:

We want you to come to us for everything carried by a Drug Store. DRUGS, MEDICINES, TOILET ARTICLES, RUBBER GOODS, COMBS, BRUSHES, MADAM WALKER HAIR-GROWER-DRYING COMBS, STRAIGHTENING COMBS, ETC.

We recommend and guarantee everything offered for sale to be exactly as represented. WE DO NOT "SUBSTITUTE" nor ask you to take other brands than you ask for. You "want what you want" and we want you to have it.

OUR PRICES ARE RIGHT

All down the line. We give careful attention to all orders, and aim by courteous and fair treatment to give perfect satisfaction to our customers. When you think of Drugs think of THEO. SMITH'S PHARMACY.

No demand is too difficult for us to supply. If you are too busy to come to our store, phone us your wants and we will do the rest. Mail Orders Solicited and Promptly Filled.

Theo. Smith's Drug Store.

Bell Phone 4591 Grand. Home Phone 5467 Main. 1301 E. 16th St. KANSAS CITY, MO.

Randolph Bros. & Son

New and Artistic Carpenters and Builders

Paper Hanging and Painting.
Patching and Plastering
General Repairing a Specialty
PROMPT WORK
REASONABLE PRICES
BELL PHONE East 2526

Superb Wall Papers SHOP 1207 Highland. Res. 1031 Highland
Samples Shown at Your Home
No obligation to purchase.
A postal brings us
KANSAS CITY, MO.